

Mental Health forum

Wednesday 11th May 10am to 12pm

Crawley CVS, The Orchard, Brighton Road, Crawley

Note of Meeting

Present:

Sandra Ferguson HACVS

Val Murphy Crawley Association of Mental Health

Linda Chapman Time to Talk

David Murphy Crawley Association of Mental Health

Rachel Skidmore C CVS

Jane Burt Carers Support Service

Parkinson's Society Representative

1. Welcome
2. Apologies
3. The Carer's Support Service gave a presentation describing the types of support and help given to carers by their service in North and Mid Sussex. Members of the forum shared personal experiences of being carers and supporting carers in the local community. Jane encouraged discussion of the types of challenges faced by carers of all ages and situations and explained the support that Carers Support Service is able to provide including counselling sessions for carers, training for Mental Health Professionals, Information and Drop-in sessions, Resource library and support groups. Leaflets were made available to those at the meeting.

4. Member Updates:

Crawley Association of Mental Health will not meet for 3 weeks due to school holidays.

Time to Talk are moving towards a self-referral system and some leaflets were available

Parkinson's Society can provide support in making applications for funding for extra care in nursing homes.

5. AOB: Crawley CVS circulated information about a funding workshop on the 14th May at the Hawth Theatre in Crawley.
6. Date of Next Meeting: 20th September, Horsham